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Your essential daily news | TUESDAY, SEPTEMBER 20, 2016

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Paul Hardy works on a design that will appear in the upcoming ParkLUXE event on Oct. 1 at the National Music Centre in Calgary.
JOSIE LUKEY/FOR METRO

EXPERIMENTAL STYLE

ParkLUXE fashion show features original collections from local designers **metroNEWS**

Baptist board facing inquiry

GAY-STRAIGHT ALLIANCES
Schools could lose licence, funding over LGBTQ stance

Kevin Maimann
Metro | Edmonton

The Alberta government is launching an inquiry into a Baptist school board that refuses to comply with laws allowing students to form gay-straight alliances.

Education Minister David Eggen announced the inquiry Monday, noting it will take "a few weeks" and could result in funding being cut for two schools from the Independent Baptist Christian Education Society — or having their licence revoked.

"I believe moving to an inquiry is a very serious step," Eggen said. "It has lots of grave consequences attached to it, but it's necessary to make sure that we're following

not just the letter of the law, but the spirit of protecting children in Alberta."

The board's chair, Pastor Brian Coldwell, has publicly refused to comply with the legislation and said the province is violating his religious freedom.

The board runs two schools west of Edmonton. It received \$2.5 million in 2015-16, or about 70 per cent of its funding, from the province.

Eggen sent the board a letter asking for written assurance by Sept. 16 that the board would comply with the law. The board responded with a letter from its lawyer that reaffirmed its anti-GSA position.

A third party, expected to be announced early this week, will examine whether it is providing a safe and caring environment.

But Kris Wells, an advocate for LGBTQ rights, said it's not clear why the inquiry is needed.

"The minister should take action and institute one policy for all school boards across the province."

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To bid or not to bid

OLYMPICS

That's the big question as new committee looks at Games



Helen Pike
Metro | Calgary

In a room lined with nostalgic Olympic paraphernalia, Mayor Naheed Nenshi and former police chief Rick Hanson announced the Calgary Bid Exploration Committee on Monday — the group in charge of a “fact-focused” exploration of Calgary’s potential bid.

Hanson was named chair of the committee, to be made up of 17 voting members and three non-voting positions. The group will be in charge of creating two reports to help guide councillors towards a decision: to bid, or not to bid on the 2026 Winter Olympics.

“We don’t want to be viewed as being a rubber stamp body,” said Hanson. “That’s just not the way that I work, and it’s not the way anyone on the committee wants to work...It is a fact-finding board.”

Members include Calgarian athletes including past Olympians and Paralympians, energy leaders, art community leaders and more.

Nenshi said he’s really happy with the committee as a whole.

“It’s made up of half men,



Former Calgary police chief Rick Hanson, shown here with Mayor Naheed Nenshi, will chair the bid investigation committee.

HELEN PIKE/METRO

half women, it represents athletes, coaches, people who have been involved in the Olympic movement, business people, community leaders,” said Nenshi. “I’m really excited about the potential of their work.”

When asked why no members of Calgary Sports and Entertainment Corporation were added, Hanson said if all stakeholders were included, there’d be more than 100 people on the committee.

However, Sue Riddell Rose, who is related to Clay Riddell, part owner of the Flames, is on the board.

“That was a little bit of debate we certainly had,” said Nenshi, when asked about potential conflicts of interest. “My understanding is that she herself doesn’t have ownership stake.”

He said she was asked to join because the committee needed an energy leader who also has deep community ties

— and Riddell fit the bill.

The rising cost of security, is one of the reasons Hanson was asked to assume his role as chair.

“At the end of the day I don’t think there’s anybody that thinks the world is a safer place,” said Hanson.

“We’ve got to have a really hard look at what security looks like, what it’s going to cost and make sure that that’s factored into the presentation we’ll be making to council.”

Committee members won’t be starting from a blank slate, as some work has already been done to explore a bid. But the timeline has been set, and the committee is expected to present council with an interim report as soon as January with a final report next July.

They will be looking at the potential capital and operating costs for hosting the Games, including facilities, investment from three orders of government and other costs.

BUDGET

City finds way to save on water



Brodie Thomas
Metro | Calgary

The city’s latest Zero-Based Review on Calgary’s Water Resources has found between \$17 and \$20.5 million in savings — and one councillor says it’s proof the city can continue to freeze taxes for the foreseeable future.

Zero-Based Reviews are audits conducted by independent third parties that look for savings that will not negatively affect front-line services. This one was conducted by Scottish Water International.

Water Resources has an annual capital budget of \$454 million but the review’s scope was only on \$100.3 million of that.

Administration has accepted all of the recommendations, which mainly involve changes to business practices.

Coun. Ward Sutherland, vice-chair of the Priorities and Finance Committee, said the savings aren’t just one time but would be realized on an annual basis. He noted that Zero-Based Reviews have saved between \$80 to \$100 million over the past few years.

Sutherland said the savings surface in the city’s surpluses at the end of the year, and much of the savings have gone into the Fiscal Stability Reserve, which now sits at more than \$500 million.

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Calgary
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CRIME

Man hijacks crane

Calgary police officers have arrested a man who hijacked a crane downtown early Monday morning.

At 6:48 a.m. Monday, officers were called to the 600 block of 10 Avenue SW for reports of a man sitting in the cab of a crane. The man isn't known to the company operating the construction site.

The power was cut off to the crane, so the man couldn't operate it, police said, adding the man is in custody.

Officers will also speak with the man to determine why he climbed the crane.

METRO

POLITICS

Allegations of backroom deals hit ethics panel

The chairwoman of an Alberta legislature committee tasked with improving ethics in politics has stepped aside temporarily over allegations of favouritism and backroom dealing.

Jessica Littlewood removed herself from Monday's meeting of the committee, but says she expects to stay in the job. Littlewood has often found herself casting tie-breaking decisions in favour of the New Democrats. Progressive Conservative Richard Starke accused her of going outside her impartial role to try to broker a back-channel deal with him on issues before the committee.

Littlewood was replaced by another NDP backbencher, Heather Sweet. THE CANADIAN PRESS



Lieutenant Stephen Joudrey, from right, Danielle Aubry, Joni Avram and a volunteer of #IBelieveYou. The campaign also said they want to target young women who are most likely to reach out to a friend or family member, with their messaging. JOSIE LUKEY/FOR METRO

#IBelieveYou launches its second campaign

SUPPORT

Sexual assault awareness push targets young women



Josie Lukey
For Metro | Calgary

It all started when Joni Avram heard a simple phrase: I believe you.

Avram was in Calgary Monday for the launch of the #IBelieveYou sexual assault awareness campaign.

"If you want to see a survivor burst into tears, just say the words 'I believe you.' That just stuck with me so strongly," said Avram.

#IBelieveYou wants to help victims feel safe coming forward and abolish the lie perpetrators tell victims that no one will believe them. #IBelieveYou is part of a multi-layered public awareness campaign to help promote believing victims as a first-response.

"That's why believing is such a powerful defence against sexual assault," said Danielle Aubry of Calgary Communities Against Sexual Assault (CCASA), adding that the campaign as-

pires victims in Alberta that they can access justice if they choose while receiving support from the organization.

According to the CCASA, 83 per cent of Albertans would believe a survivor but only 60 per cent believe other people in the community would also believe a survivor. The campaign hopes to close this gap by interchanging "I Believe You" with "We Believe You."

"Because the gap exists," said Avram.

"This groundswell of support that is happening isn't being understood very well by the average person or by the average survivor."

The campaign also launched a series of new TV and radio advertisements that will appear across the province in an effort overwhelm the public with information and support victims.

The Alberta government will be giving the CCASA \$800,000 over the course of three years as part of a \$10 million program to address child abuse, family violence and sexual violence in the province.

"This is a unique campaign to Alberta, and we know that by helping more survivors feel safe to tell, we are going to make our communities healthier and safer for everyone," said Avram.

FENTANYL

Sentence request denied



Jeremy Simes
For Metro | Calgary

Alberta Justice Minister and Solicitor General Kathleen Ganley wouldn't support mandatory minimum sentencing changes for fentanyl crimes, unless evidence suggested otherwise.

However, the current evidence suggests mandatory minimum sentences for fentanyl aren't warranted, Ganley said, referencing a recent Supreme Court of Canada ruling that said a mandatory minimum sentence of one year in prison for a drug offence violates the Charter of Rights and Freedoms. The top court ruled 6-3 against such measures in April, brought forward by the former federal Conservative government.

Last week, Wildrose MLAs Scott Cyr and Drew Barnes sent a letter to Prime Minister Justin Trudeau, requesting the federal government amend the Controlled Drugs and Substances Act to change mandatory minimum sentencing powers related to the fentanyl crisis.

The Wildrose requested the trafficking of fentanyl should carry a two year less a day minimum; the importing of fentanyl should carry a five year minimum; and the production of fentanyl should carry a five year minimum.

But Minister Ganley said the Wildrose's letter doesn't provide evidence-based rationale behind its letter.

"I'm not sure that (mandatory minimum sentences) would have the impact that they're suggesting," she said.

She said the Alberta Association of Chiefs of Police haven't asked the provincial government for mandatory minimum sentences.

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Council eases water hike

CITY HALL

Planned 8.3 per cent increase voted down to 2.5 per cent



Helen Pike
Metro | Calgary

It may be cheaper, but don't leave your tap on, Calgary.

After healthy debate at a strategic meeting of council, members voted to reduce the already proposed water fees from the planned 8.3 per cent hike down to just 2.5 per cent.

Administration said any shortfalls can be covered by improved efficiency and service reductions in combination with a delay in building the reserve balance from 2018 to 2022. The change will help Calgarians keep \$70 in their pocketbooks for 2017 and \$148 in 2018.

Coun. Sean Chu wanted administration to do more, and brought forward a motion to



The City of Calgary boasts some of the best drinking water quality in Canada, the city said.

METRO FILE

keep the fees identical.

"This reminds me of the saying, death by a thousand cuts," said Chu. "Everything is going up. This will have a negative effect on the low income people, senior population, and vulnerable popula-

tion...personally I feel that the pressure cooker has reached the point of no return if we keep fuelling the fire."

Coun. Andre Chabot was quick to put his foot down on a zero increase, noting past 2019 the effects would

be far greater than administration's recommended 2.5 per cent increase.

"While I appreciate the motion, it's akin to Ralph Bucks," said Chabot. "Sorry, it's giving something back short term, but the long term pain is going

"I feel that the pressure cooker has reached the point of no return if we keep fuelling the fire."

Coun. Sean Chu

to be significantly greater if we go to zero."

Mayor Naheed Nenshi touted his sprawl subsidy, as new neighbourhoods are now being hooked up to city services on the developers' dime and not the city's.

"I am particularly pleased that the hard work we've been doing for so many years, about making sure growth pays for itself, is actually now starting to make a difference," said Nenshi.

"This is money directly in people's pockets, it's not money from the sky, it's not that we've found a pot of gold, it really is the result of incredible hard work with the development industry."

IN BRIEF

Man charged in alleged machete attack on officer

An alleged machete-wielding man, who caused serious injury to a Calgary police officer and chaos at Marlborough Mall Saturday, has been charged. Upon arrival at the mall Saturday afternoon, a Calgary police officer chased down the suspect and there was an altercation where the officer was allegedly hit with a machete before firing his weapon. The officer was taken to hospital in stable condition. Antonia Philip Bautista, 24, of Calgary, was also transported to hospital and is in stable condition. METRO

Clarification

In a story titled "SAIT unveils new state-of-the-art power equipment for students" that appeared in the Sept. 16 edition of Metro, it was incorrectly reported that the donor to fund the equipment was TransAlta. The \$760,000 donation came from AltaLink. Metro regrets the error.



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Wednesday, **September 21**



The City of Calgary has closed off a portion of its municipal building after work revealed a structural element that didn't meet the current building safety code. HELEN PIKE/METRO

Portion of city hall closed off

MAINTENANCE

Discovery that structure not up to current safety code



Helen Pike
Metro | Calgary

A 30-year-old construction "oops" has over 200 staff indefinitely relocated from their Municipal Building offices.

The city has temporarily closed the northeast corner of the Municipal Building and Administration Annex Building, which includes floors eight through 12 after workers found a load-bearing truss was installed incorrectly and did not meet current safety codes.

This is a steel truss, 22 feet deep weighing approximately 70,000 pounds.

The city believes that there's no immediate risk to the structural integrity of the building. As director of facility management Thomas Hansen said, the truss has been holding the same load since 1983, and there's no indication of any imminent failure.

"We recently conducted an investigation on a structural

member that appeared in the building that appeared not to be installed by design," said Hansen. "We were doing routine maintenance, and replacement to equipment, which allowed access to a space that typically would not be accessed."

While the investigation occurs, employees in the identified areas will be temporarily relocated, but for individuals visiting the rest of the Municipal Building, this closure will not affect access.

A safety codes officer has been inspecting the building and will continue to do so throughout the coming weeks.

Hansen said the first step in the process was to move city staff. In the coming days, weeks and months the city will develop a shoring plan (to support the building), and then a remediation or upgrade plan will be drafted.

“

It's too early to tell at this point what that would entail.

Thomas Hansen

"It's too early to tell at this point what that would entail," said Hansen. "It could be repair of the truss in place, it could be replacement."

Right now, it's also too soon to know the exact timeline and cost it will take to bring the area back up to code.

Workers with the City of Calgary have been moved elsewhere in the building, and some are working from home while their offices are roped off.

INDIGENOUS CULTURE

Teepee controversy sparks partnership



Josie Lukey
For Metro | Calgary

A potentially insensitive art exhibit at Beakerhead has led to a positive outcome for one Blackfoot woman.

Future events by the League of Extraordinary Albertans will incorporate indigenous voices and artists after Danni Black, a Blackfoot woman originally upset at a teepee installation

at a Beakerhead event, conversed with the creator, Norm Lim Sang.

"We introduced ourselves, and talked about my background, and how my life has been in the past year reconnecting with my roots," said Black. "We had a conversation about things that could've been different, and things that could change in the future."

According to Black, future events featuring aboriginal items such as teepees will in-

clude a representative to give people insight and knowledge into the aboriginal culture or at the very least, have an information card or board that people can view.

"What had frustrated me the most was that there wasn't anybody there to offer me any information or insight into what the intent was," said Black, who adds she looks forward to working together with Lim Sang on a positive outcome.

"We encourage participa-

tion in our community, and if there's something that we can do to highlight and shed light on a proud culture that we celebrate here in Alberta, (We'll) do it right," said Lim Sang.

Black has also been in contact with Beakerhead who previously stated they will be creating mechanisms in order to ensure all future events hosted by the festival respect a diversity of cultures.

"What's important is change and movement," said Black.

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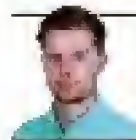
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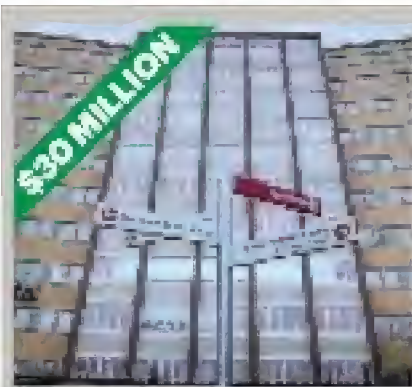
Foothills sees largest share of fixer-uppers



Jeremy Simes
For Metro | Calgary

Calgary's major health centres need more than \$40 million in repairs, with most at the Foothills Medical Centre. This week, Metro reported Calgary-area health facilities need \$56 million in repairs, based on a provincial backlog totalling an estimated \$700 million, according to Health Minister Sarah Hoffman.

The NDP government has committed to funding those repairs, and taken shots at the PCs for not adequately maintaining health centres. In fact, the NDP's 2016-17 funding commitment, \$135 million, will quadruple of the \$35 million the PCs committed in 2014-15. In an email, Alberta Health Services said Calgary Zone facilities are listed in acceptable condition, but need regular maintenance to bring them up to more modern standards.



Foothills Medical Centre

More than half of Calgary's major hospital repairs, in terms of cost, are occurring at the Foothills Medical Centre.

The government has provided \$29.8 million in maintenance at the Foothills for the 2015-16 to 2017-18 fiscal years. The hospital has 29 projects ready to go. Pegged at \$4.3 million, the biggest repair at the Foothills is the let down station and feed water aerator system, which removes oxygen and other dissolved gases from feed water to steam-generating boilers.

METRO FILE



Peter Lockheed Centre

Repairs at the Peter Lougheed Centre (PLC) have totalled more than \$3.5 million, with 11 projects.

Last year, the hospital unveiled the first phase of the re-developed Vascular Centre of Excellence, a 2,500-sq-metre, \$32.6 million project.

The most expensive repair at the PLC, though, are interior renovations at Unit 25 and 27, pegged at \$1.2 million.

METRO FILE



Alberta Children's Hospital

With 12 projects, about \$1.2 million in fixer-uppers are needed at the Alberta Children's Hospital.

Although there are no million-dollar repairs needed, the hospital is in need of \$400,000 to replace both the mental health PCU ceiling ventilation grill and the north entrance door.

Other repairs include \$100,000 for site security retrofits and \$80,000 for venting at cytogenetics.

METRO FILE



Rockyview General Hospital

Maintenance costs at the Rockyview General Hospital are more than \$2.3 million, with a total of nine projects.

The biggest maintenance cost at Rockyview is replacing the BMS controllers and I/O modules at \$650,000.

The government is also spending \$450,000 to replace 56 air circuit breakers at the hospital and \$325,000 to install rooftop tie-back anchors.

METRO FILE



Sheldon M. Chumir Health Centre

Though there are only four projects on the go at the Sheldon M. Chumir Health Centre, one repair project will cost \$3 million.

The \$3-million project calls for replacing the otis elevator proprietary controls. In total, more than \$3.1 million is being spent to maintain the health centre.

The other \$148,500 being spent at the Sheldon includes renovating the chronic disease clinic, CKD clinic on second floor and site security retrofits. WIKIMEDIA

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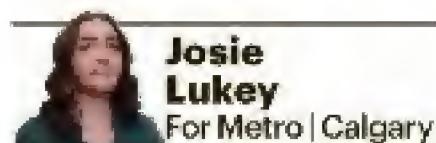


Paul Hardy said that he designs clothes that offer a 'seamless' transition between a day at the office and a cocktail party with just a few accessory changes. PHOTO CREDIT IN SMALL CAPS TK

Show pulls together fashion and design

CREATIVITY

ParkLuxe is experimental in use of space, music, ideas



Josie Lukey
For Metro | Calgary

A variety of sketches are laid out on the floor of Paul Hardy's studio, stapled with swatches of fabric as the designer plans out his collection for ParkLUXE 2016.

Hardy is one of several Canadian designers to be featured in ParkLUXE 2016, an experimental fashion show Oct. 1.

The event will be making its

home this year at the National Music Centre in an effort to mix live music and fashion.

Hardy describes his collection for the show.

"It's largely done in shades of navy, pewter and kind of a merlot colour, and then there's lots of embellishment of Swarovski crystals," said Hardy.

He said his collection will be segueing into a spring line inspired by a biblical story about a woman who turns into a pillar of salt.

Luxury lingerie brand Year of the Ram will also be making its debut at the event. Christina McFaddin of the brand said they'll be presenting the fall/winter 2016 collection sprinkled with a few pieces from the spring 2017 collection that includes a variety of lavish lace and sheer fabrics in muted

simplicistic colours.

"With a lot of laces I've used, they are so detailed and intricate that when I find them, I try to figure out how I can use them to show off that detail the best way without hiding it," said McFaddin.

This year's ParkLUXE is focusing on the creation of a special runway, inspired by Dior. They will have models strutting designer clothing through different rooms in different spaces.

Jessie Li of Park said it's all about playing with the unique architectural setting of the NMC.

"We're going to play a little bit with that this year, which is going to be quite complex and hopefully engaging and interesting for our audience," said Li.

VEHICLE REGISTRATION

People getting dinged by new policy: Wildrose

The Opposition Wildrose says too many Albertans are getting tickets because of the NDP government's new vehicle registration policy.

Last March the government announced it would no longer mail out reminders for people to renew their vehicle registrations in order to save \$3 million per year.

Instead, the province has been urging people to sign up for electronic reminders and has hired a U.S.-based company to phone people at home to tell them about the change.

Wildrose critic Wayne Ander-

son says too many people are being hit with tickets by police that carry fines of up to \$310 for driving with expired registrations.

Service Alberta says the one-time robocall contract with Twilio.com is \$40,000 and it was the only company that met the bid requirements.

Anderson says the government should relax the rules and fines this year for people who have been stung by the policy change.

The government says motorists with disabilities continue to get the vehicle registration reminders by mail.

THE CANADIAN PRESS



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IN BRIEF

Mammogram program celebrates 25 years

Alberta Health Services (AHS) is celebrating 25 years of Screen Test, a mammography program that has detected cancers early and saved lives.

There are clinics in Calgary and Edmonton and a mobile service that reaches 110 rural sites, including 23 indigenous communities.

Since 1991, the program has carried out 466,858 mammograms for 178,000 Albertans of whom 2,500 were diagnosed early with breast cancer, AHS said.

METRO

We must do more, prime minister says

UNITED NATIONS

Canada to boost funds for migrants and refugees globally

The grim shadow of world events descended over a conference on refugees on Monday as Prime Minister Justin Trudeau and other world leaders gathered to make new commitments to victims of a historic migration crisis.

News crept in from nearby and abroad to underscore the oft-stated point at the summit that work on refugees remains a task in progress. As the prime minister spoke, word filtered out about bombing ending Syria's ceasefire.

While the war made new victims, the debate closer to the New York conference revolved around whether to show them any hospitality. A series of attempted bombings in the city



Justin Trudeau speaks at a Global Compact Luncheon at UN headquarters in New York on Monday. THE CANADIAN PRESS

added new fuel to a combustible U.S. election debate on Muslim migration.

Trudeau got applause from delegates to the United Nations conference when he mentioned Canada's acceptance of almost 31,000 refugees. A CNN anchor moderating another event quoted Trudeau welcoming refugees at the airport. He didn't let the applause linger long.

"While that is a great story, I don't want to lose sight of the fact that Canada's engagement must not stop at resettlement," Trudeau said.

"Now is the time for each of us to consider what more we can contribute. So, in Canada, we're looking at our options."

He announced Canada would spend an additional \$64.5 million over the next several years

+ INQUIRIES

At least 13 countries have made inquiries about Canada's private refugee-sponsoring system in the hope of potentially emulating it, immigration minister John McCallum said during a conference on the migration crisis.

to support people affected by humanitarian crises around the world, and increase its foreign-aid budget by 10 per cent to help displaced children get back to school.

The challenge was illustrated by the woman seated beside him. In Jordan, the unofficial population count is now almost 10 per cent Syrian refugees: "Will we leave refugees to languish in camps... and slums?" said Queen Rania, who co-chaired one of the discussion sessions with Trudeau.

THE CANADIAN PRESS

OTTAWA

First legal battle over Phoenix pay system



Haley Ritchie
Metro | Ottawa

Former public servant Darrel Delisle is the first person to sue the federal government over the troubled Phoenix pay system, which has left thousands of people waiting for their paycheques.

Delisle filed his case in small claims court on July 14.

In the documents filed as part of the lawsuit, Delisle explains he was a casual contractor for Global Affairs starting in March 2016. After three months of not being paid, Delisle quit pre-

maturely to find paying work.

In total he is asking for \$24,000 — which includes his \$11,400 owed pay, as well as remuneration for child-care expenses, vehicle parking and jobs he turned down while employed but not paid.

"I am now experiencing financial hardship and personal difficulties due to non payment," Delisle says in the document. "My request for damages also includes the real possibility that this will have a negative effect on future employment opportunities with the Government of Canada and Global Affairs Canada."

Eyes on worker program



Luke Simcoe
Metro | Toronto

A parliamentary committee is recommending a series of sweeping changes to Canada's temporary foreign worker program.

The program, which allows employers to hire foreign nationals to fill temporary labour shortages, came under scrutiny

in 2013 when the CBC reported a number of companies — ranging from Royal Bank to McDonald's — were relying on foreign labour rather than hiring Canadians.

In response to the backlash, the federal government clamped down on the TFW program, limiting the number of foreign workers a company can hire and increasing oversight to prevent workers from being abused.

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Suspect captured in gun battle

NEW YORK

Ahmad Khan Rahami arrested in connection with bombings

A New Jersey police officer responding to a call about a hooded vagrant curled up asleep in a bar doorway roused him and quickly recognized the bearded face of perhaps the most wanted man in America.

Ahmad Khan Rahami — identified in an FBI bulletin just hours earlier as a man wanted in the weekend bombings in New York City and New Jersey — pulled a gun, shot the officer and triggered a running gun battle in the street that ended with Rahami wounded and in custody Monday, authorities said.

A bloodied Rahami was loaded into the back of an ambulance, just 50 hours after the first blast that started it all.

Rahami, 28, a naturalized U.S. citizen from Afghanistan who lived with his Muslim family in Elizabeth, New Jersey, underwent surgery for a gunshot wound to the leg as authorities began drawing up



Ahmad Khan Rahami is taken into custody after a shootout with police on Monday in Linden, N.J. Rahami was wanted for questioning in the bombings that rocked the Chelsea neighborhood of New York and the New Jersey shore town of Seaside Park. BOSTON HERALD/THE ASSOCIATED PRESS

charges in a case that spread fear across the New York area and revived anxiety about home-grown terrorism.

New York Mayor Bill de Blasio said officials have every reason to believe the series of bombings "was an act of terror," though investigators said Rahami's exact motive isn't yet clear.

With Rahami's arrest, officials said they have no indication there are more bombs or suspects to find, though they cautioned that they are still investigating.

The probe started when a pipe bomb blew up Saturday morning in Seaside Park, New Jersey, before a charity race to

benefit Marines. No one was injured.

Then a shrapnel-packed pressure-cooker bomb similar to those used in the Boston Marathon attack exploded Saturday night in New York's Chelsea section, wounding 29 people. An unexploded pressure-cooker bomb was found blocks away.

Late Sunday night, five explosive devices were discovered in a trash can at an Elizabeth train station. Investigators said they are still gathering evidence and have not publicly tied Rahami to those devices.

Late Monday, a hospitalized Rahami was charged in New Jersey with five counts of attempted murder of police officers in connection with the shootout and was held on \$5.2 million bail. Federal prosecutors said they were still weighing charges over the bombings.

Rahami lived with his family above their fried-chicken restaurant in Elizabeth, and his relatives have clashed with the city over closing times and noise complaints they said were tinged with anti-Muslim sentiment.

Authorities zeroed in on him as the potential bomber after a fingerprint and DNA lifted from one of the New York sites and "clear as day" surveillance video from the bombing scene helped identify him, according to three law enforcement who spoke on condition of anonymity because they were not authorized to discuss the case.

THE ASSOCIATED PRESS

IN BRIEF

Man jailed for attacking woman in shorts

Turkey's state-run news agency says a court has ordered a man arrested pending trial for attacking a woman who was wearing shorts on a bus, after his initial release caused uproar. Anadolu Agency says the court in Istanbul ordered Abdullah Cakiroglu jailed for "inciting hatred" and "preventing a person's right to exercise his or her freedom" for kicking Aysegul Terzi in the face. Cakiroglu was released from custody despite expressing no remorse. His release sparked uproar on social media and protests.

THE ASSOCIATED PRESS

Two-faced calf born

Visitors to a central Kentucky farm may do a double-take when they see the newest addition: a two-faced calf. Stan McCubbin of Campbellsville said that he thought he had twins when he first saw the calf. The female calf has two noses, two mouths and four eyes, though the middle two eyes don't function.

THE ASSOCIATED PRESS



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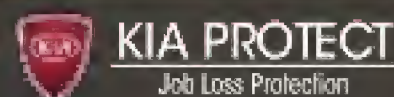
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METRO POLL

What should be Canada's next top bird?

Canada doesn't have an official national bird. No, we can't believe it either. In a bid to set things right, Canadian Geographic has created the National Bird Project, which will designate our best feathered friend by 2017. After a preliminary vote, five finalists will now be considered by a flock of experts. We asked our readers to tell us their favourite of the five. Who knows — maybe these tallies will help goose the final results.

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Obstructionism should not be a winning strategy

KLASZUS' CALGARY

Jeremy Klaszus



Calgary's city council needs new blood in 2017.

Lots of it.

Between council's fluoridation folly (let's not revisit our past mistake!) and bungling of secondary suites (plead each case before us!), the need for change was on clear display last week.

We need a council fit for a modern, complex city of 1.2 million. Instead, we have one that forces seniors and others to beg council in person, sometimes in tears, if they want to build legal secondary suites in their homes.

Too many on council give the negative minority in our city more clout than they deserve.

We need councillors who have a vision beyond the malcontent who calls city hall

to gripe about the possibility of renters next door or those damn people on bicycles.

While Mayor Naheed Nenshi and some councillors possess a vision for the city as a whole, others just don't get it.

And when they stand in the way — on everything from secondary suite reform to the downtown cycle track pilot, which barely got approved — they say they're just listening to Calgarians.

But one has to ask: Which Calgarians are they listening to?

The obstruction on secondary suites appears to stem from an unfortunate mix of incompetence, fear (what if the cranks get mad at US?!) and pettiness.

Well, congrats councillors: You've successfully blocked one of Nenshi's main policy reforms, which he campaigned on in 2010 and has been unable to pass since.

Your obstinacy literally makes elderly women cry, but hoo boy, you've sure showed the mayor.

This perverse success, however, is not Calgary's success. It's an embarrassment.

A few weeks ago I wrote in this space about High River remaking its downtown to be walkable in the aftermath of the 2013 flood.

In researching that story, it struck me that town council there — in High River, a town of fewer than 15,000 people — seems more progressive than Calgary's council.

They've got naysayers there, too, but they're not letting them set the agenda.

"What we absolutely have to stop doing politically is pandering to the negative minority," Mayor Craig Snodgrass told me. "They will always be there. I don't care what you do, they're going to be there and they love to get

loud and they're really good at it.

"You've got to look at what's best for the community."

Maybe Calgary's city council should do a daytrip to High River for Leadership 101.

The next election is still a year away. In the past, we've tended to re-elect incumbents, not to shake things up too much.

But it's also worth recalling that John Mar, former Ward 8 councillor, got beat in 2013 after recusing himself from a key vote on secondary suites.

Evan Woolley went after Mar for it, campaigning on a pro-suite platform, and won.

Councillors should brace themselves for similar reckonings on October 17, 2017.

Jeremy Klaszus is a freelance journalist and stay-at-home dad.

ROSEMARY WESTWOOD

I hate that I have to say 'I told you so' about judges who don't get it

A seasoned columnist once told me you know you're losing your relevance when you start quoting yourself. But this is really too good to pass up.

Two weeks ago, in the wake of Robin Camp — our poster boy for judges who don't know the law, let alone exude gender sensitivity in applying it — I wondered who else? What other sexist idiocy is hiding inside a judge's robes? It was the obvious question, and some good journalists asked it. And now we have a slew of answers.

There is Alberta Provincial Court Justice Michael Savaryn, who is under review after ruling that a teenage boy didn't sexually assault a teenage girl. The boy grabbed her breast and backside and tried to kiss her, and she said no, but the judge decided she hadn't clearly expressed her objections because, you know, she smiled.

Then another Alberta judge — Pat McIlhargey — acquitted a 16-year-old boy of raping a 13-year-old girl because "she did not scream, she did not run for help" and she didn't tell her friend.

And finally, hitting the headlines last week was Alberta Justice Keith Yamauchi, who in 2013 ruled that three women's complaints of historical sexual assault weren't credible because they didn't come forward sooner — logic that defies actual Supreme Court guidance and the fact that there is no statute of limitations in Canada on sexual

assault.

Really, these cases are piling up like some kind of awful nursery rhyme and exhibit thinking just as antiquated: "One bad judgment, two bad judgments, three bad judgments, four. Unless you're a men's rights activist, you know there must be more."

Let's also keep in mind these other facts. Two unifying factors in all these cases are A: male judges and B: male judges relying not just on so-called common sense but on sexist common sense. It's the problem with assuming that, just by living, you have a good sense of what credible behaviour looks like in others, even if you have no clue as to what it's like to be them, or be raped, for example.

In case you're tempted to think Alberta is some kind of outlier, you might like to know that Crown attorneys in Ontario, as part of the province's It's Never Okay action plan to stop sexual violence, received training on rape culture in the courtroom this year.

And in case you forgot the upshot of all this: Sexism in our justice system not only discriminates against women, it lets sexual predators off the hook.

Thus, we have a system that serves them, and of course, judges, who face little scrutiny and highly secretive reviews. That is, when they face any at all.

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LOVE YOUR LIVER KNOW YOUR PAINKILLERS

Do you come home from a night on the town, guzzle a glass of water with two extra-strength Tylenol to ward off a hangover? You're not doing your liver any favours. Overdose of acetaminophen, Tylenol's active ingredient, is a top cause of liver injury according to Dr. Constantine Karvellas from the University of Alberta Hospital. It doesn't take much, and adding alcohol can be deadly. Health Canada has just moved to make manufacturers label acetaminophen more clearly, but there's still copious confusion about common drugstore painkillers, their uses and risks. **Here's what you need to know.** GENNA BUCK/TORSTAR NEWS SERVICE



ACETAMINOPHEN

A.K.A.: Tylenol, Atasol, Midol, Pamprin, Robax, Paracetamol; hundreds of cold and sinus remedies and cough syrups.
Used for: Pain, fever
Who shouldn't take it? Heavy drinkers (more than three drinks a day) and people who've messed up their livers with acetaminophen before. Steer clear if you're near the maximum daily dose — and don't forget to add up all the sources of acetaminophen. Some experts want the daily limit lowered from 4000 mg, or eight extra-strength tablets, to 3000 mg. Liver damage can even happen below the cut-off if the person is drinking heavily or taking the medicine for a long time.



IBUPROFEN

A.K.A.: Advil, Motrin; many cough, cold and pain remedies
Used for: Pain, inflammation, fever
Who shouldn't take it? Pregnant women (especially if they're 30 weeks along or more); people at high risk of bleeding disorders such as blood clots, bleeding in the lining of the stomach, heart attack or stroke.



ASPIRIN

A.K.A.: Acetylsalicylic acid, ASA
Used for: Pain and fever; also prescribed to reduce risk of blood clots, heart attack and stroke
Who shouldn't take it? Children younger than 12, pregnant women in the third trimester and anyone prone to bleeding or stomach ulcers.



NAPROXEN

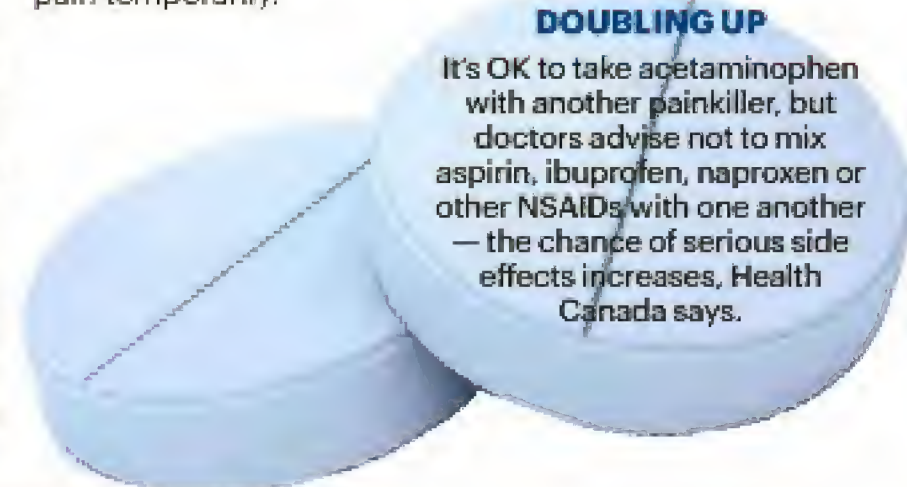
A.K.A.: Aleve
Used for: Pain, muscle and back aches, arthritis
Who shouldn't take it? Pregnant women in the third trimester and people with bleeding disorders or inflammatory bowel disease.

Ibuprofen, aspirin and naproxen all work in a similar way. They belong to a class of drugs called NSAIDs. You shouldn't take any of them if you're severely dehydrated, such as during a bad stomach bug. That can damage the kidneys. And drinking alcohol — especially a lot of it — while taking NSAIDs increases the risk of bleeding in the lining of the stomach and intestines.



ALTERNATIVES

You don't always have to pop a pill to relieve pain. Often an ice pack, heating pad or hot water bottle can do the trick. Peer-reviewed studies also show relaxation, meditation and mindfulness techniques can help relieve pain temporarily.



DOUBLING UP

It's OK to take acetaminophen with another painkiller, but doctors advise not to mix aspirin, ibuprofen, naproxen or other NSAIDs with one another — the chance of serious side effects increases, Health Canada says.



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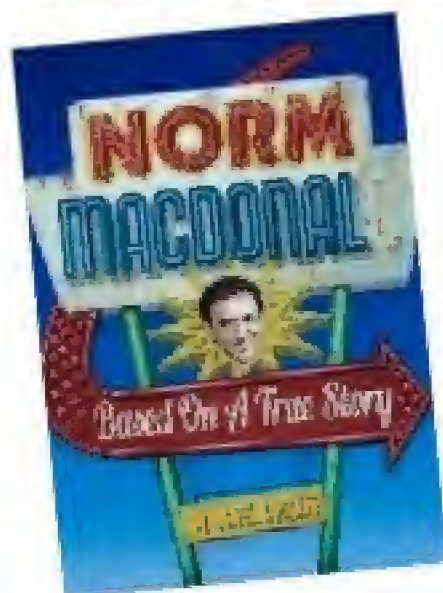
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BOOK EXCERPT BASED ON A TRUE STORY: A MEMOIR BY NORM MACDONALD

SNL and swigging warm bourbon from a flask



Ottawa Valley's Norm Macdonald became famous in a comedic institution where many Canadians got a break: Saturday Night Live. He hosted Weekend Update, starred in movies including Dirty Work and Billy Madison and, more recently, the TV series Sunnyside — he also does a mean stand-up and a video podcast. His memoir *Based On A True Story*, is out today; here's a preview.

EXCERPT FROM BASED ON A TRUE STORY: A MEMOIR BY NORM MACDONALD © 2016. PUBLISHED BY HARPERCOLLINS PUBLISHERS LTD. ALL RIGHTS RESERVED.

People often ask how many jokes I contributed to Weekend Update. The answer can be a whole bunch or one, depending on how you look at it. I pitched it during that first meeting. "David Hasselhoff is a major recording star in Germany, where his two shows, Baywatch and Knight Rider, are huge hits. Which all goes to prove my theory. Germans love David Hasselhoff." No one laughed.

Jim said, "You can do it, Norm, but non sequiturs have to be done often to have any chance to work."

"Okay, Professor," I sneered, "what's a non sequitur?"

"It's a joke that makes no sense. It's structured like a joke but has no content."

Jim was really starting to get on my nerves. That was no non sequitur. It was a real joke.

The meeting had held such promise, but it was turning bad quickly, and I sensed that two camps were forming: the camp I was in and the camp everyone else was in. I knew where I was needed. I quickly



Norm Macdonald on Weekend Update: 'Weekend Update was the funniest it had ever been, and when you are that funny, you can be sure that you will not be fired.' CONTRIBUTED

excused myself and went to meet with Wally Feresten to discuss the size of the cue cards.

The new incarnation of Weekend Update premiered in the fall of 1994 and was an instant hit. The New York Times hailed it "punk rock comedy," which is what I had been intending for them to notice from the beginning. Frank and

Ross wrote all day, every day, on Update, and by week's end they had generated maybe two thousand jokes. We'd cut it down to thirty for dress and to about a dozen for air. By that time the jokes would be bullet-proof, exactly like one of those punk-rock songs.

We also filled the time with features, of course, and it was so fun to have Sandler do his

Hanukkah song or Farley do anything at all, really. Later, guys like Jim Breuer and Colin Quinn came along and were perfect for features because they came from stand-up and knew how to perform directly into camera. And I got to sit right beside them and watch, and, when the camera wasn't on me, I could swig warm bourbon from a flask.

I knew Weekend Update was becoming popular, because my influence at the show began to build. I was a natural at reading cue cards that were held two feet from my face. I noticed that my power on the show was directly related to the size of the cue cards. I kept demanding larger and larger cue cards, until mine were over four times as big as any other cast member's. I even negotiated for Wally to get his own personal trainer, who would work with him during the week, since the weight of the giant cue cards was beginning to prove too much for him.

We were having a great time at Weekend Update until the grumbling began. I had heard things, but I just chalked it up to general grumbling. But it was not. It was grumbling that was specific to Weekend Update and specific to me.

But I never worried. Weekend Update was the funniest it had ever been, and when you are that funny, you can be sure that you will not be fired.

TV BRIEF

Damon Wayans unveils Lethal Weapon TV series

Damon Wayans is direct when asked why there seems to be such a proliferation of movie-based television series invading the small screen.

"They're trying to make money, that's it," says Wayans.

That slightly cynical but honest answer is to be expected from the former standup comic who created the groundbreaking *In Living Color* with his brother Keenen.

"It's hard to get attention these days when you're launching a new show. So producers want titles that people are familiar with." That would include Wayans' latest venture, *Lethal Weapon*, a TV



Damon Wayans.

THE CANADIAN PRESS

remake of the violent but hugely successful global franchise that paired Mel Gibson and Danny Glover as out-of-sync detectives.

"With the movie being made into a TV series, that certainly gets your attention, but it still has to be good or no one is going to watch it," says Wayans. It debuts Wednesday at 8 p.m. on City.

TORSTAR NEWS SERVICE



JOHANNA SCHNELLER WHAT I'M WATCHING

How the Emmys helped further polarize U.S. politics

THE SHOW: The Emmy Awards (CTV/ABC)

THE MOMENT: The political wall

Coming back from a commercial, an announcement: "Ladies and Gentlemen, Dr. Bill Cosby." Awkward silence fills the room. Host Jimmy Kimmel strolls on stage. "He's not here," he says. "I just wanted to see what you would do."

Diversity may have been proclaimed the theme of the night.

"The only thing we value more than diversity is congratulating ourselves on how diverse we are," Kimmel said in his opening. The winners were certainly a mixed bunch: lesbians (Sarah Paulson, Kate McKinnon, Jill Soloway); black actors (Regina King, Sterling K. Brown, Courtney B. Vance); South Asian men (Aziz Ansari and David Yang); men playing women (Jeffrey Tambor and Louie Anderson); Tatiana Maslany (woot!), a one-woman



Jill Soloway, winner of outstanding directing for a comedy series for *Transparent*, accepts her award at the Emmys Sunday. THE ASSOCIATED PRESS

diversity squad on *Orphan Black*.

Winning shows were diverse, too: *Veep*, *Game of*

Thrones and *The People vs. O.J. Simpson* dominated, but the Emmys made room for everything from *Mr. Robot*

and *Bloodline* to *Key & Peele* and *Grease Live!*

Politically, however, there was zero diversity: In that theatre, it was hard left or nothing.

I'm a proud Democrat, but as the Trump jokes wore on, I began to wonder how all this was playing in the red states.

Did the open scorn stiffen Trump supporters' resolve? Did the pleas for colour and gender-blind casting start to feel like scolding?

Don't get me wrong, when Soloway chanted, "Topple the patriarchy!" I was cheering along.

But to answer Kimmel's question about what "we" would do?

The answer seems to be, make that wall between Democrat and Republican a bit higher.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Piasha

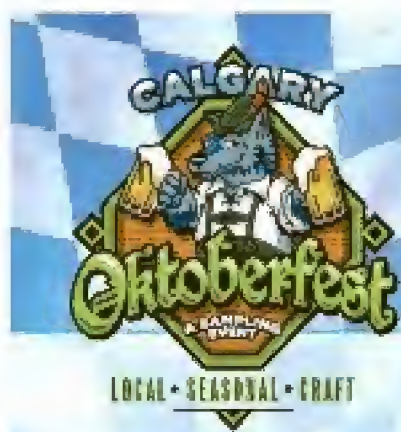
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LEARNING CURVE

'Education is a key factor in career advancement'

Understanding the value of continuing her education to reach her career goals is the reason why Maria Evangeline Omega decided to head back to school to study business.

She chose Academy of Learning Career College for the business management diploma program because the program's curriculum offers a balanced approach of both the practical application and theories of learning the complexities of commerce.

"I chose this program to reinforce and enhance my knowledge and skills from the practical training and experience I have learned over the years as a manager for various businesses," says Omega.

"I also believe that continuous education is a key factor in career advancement amidst an environment of tough competition."

As an adult student, Omega finds the courses flexible enough to accommodate her style of learning, while at the same time validating and measuring how well she comprehends the material through written exams.

"The school personnel are very supportive



ISTOCK

and make one feel as a partner in the learning process," says Omega.

"I am also very encouraged by the learning environment - meeting different students of different ages, walks of life and careers - all

pursuing a common objective of acquiring more knowledge in order to achieve their dream."

Once Omega completes the program, she is hoping to continue to pursue a higher career

in management, where she says she will be able to face any potential challenge with more confidence.

For more information, visit academyoflearning.ab.ca.

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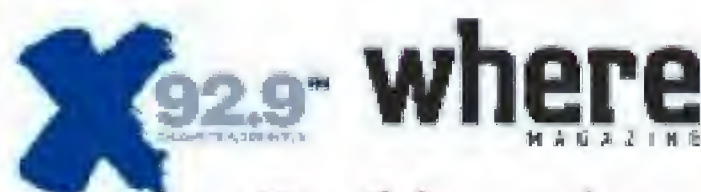
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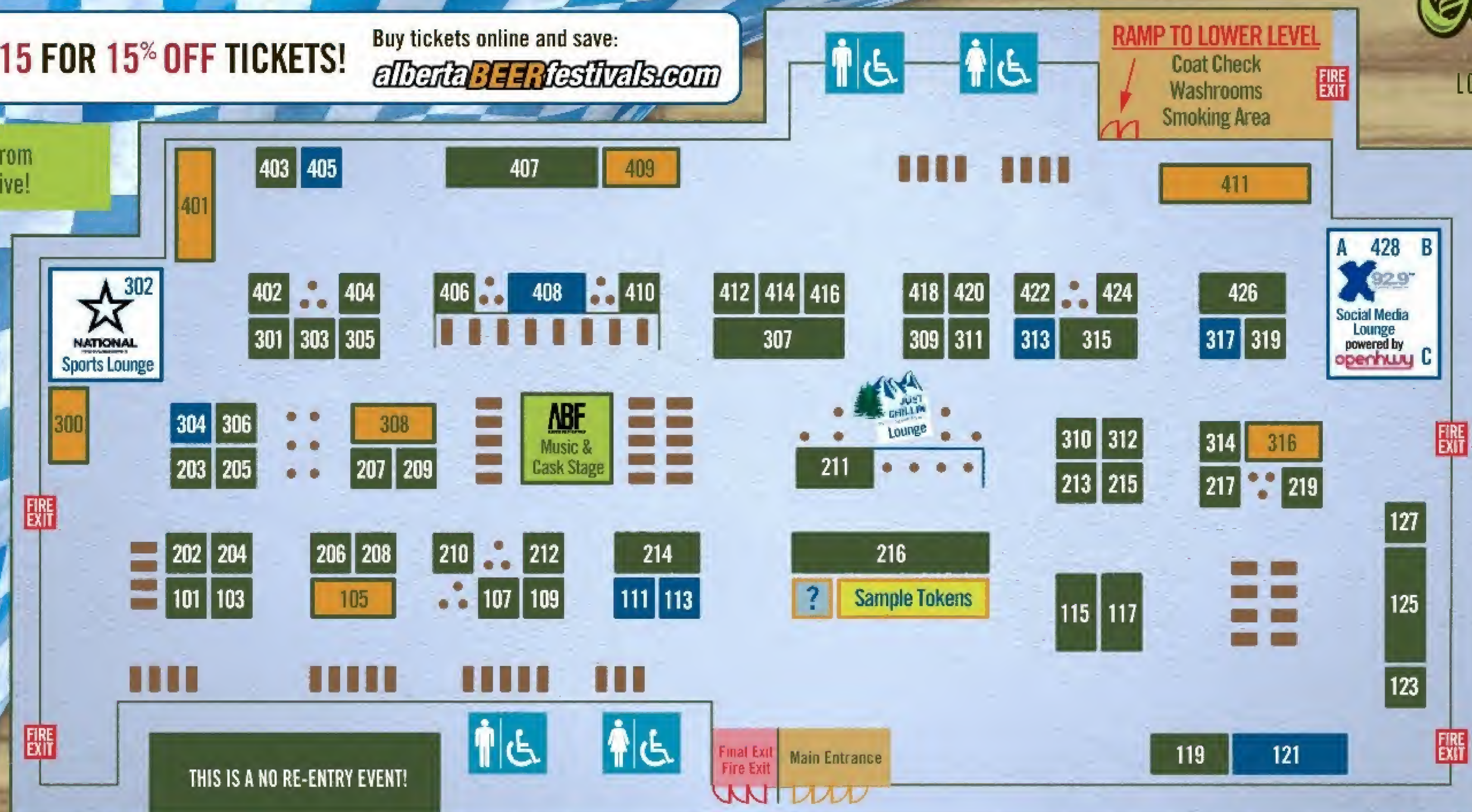
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TARA GRAY, GRADUATE, CERTIFICATE IN SPANISH LANGUAGE AND CULTURE, LEVEL/CONTRIBUTED PHOTO

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When Tara Gray first enrolled in Continuing Education at UCalgary, her only goal was to earn a credential that could enhance her career.

But it wasn't long before she was drawn in another direction — specifically, learning a language for fun.

Learn for fun and travel

Even before Gray had graduated from her professional management certificate specializing in risk management, she enrolled in the certificate in Spanish language and culture.

"I was taking courses for two certificates at the same time, and eventually completed both - it was challenging, but also really fun and interesting," she says.

Gray has always been interested in languages, and had a particular interest in the Latin culture.

"I love travel and since taking my courses, my trips have become an opportunity to practise my Spanish," says Gray.

Learn for professional development

Like Gray, Natallia O'Neill was drawn to Continuing Education for language instruction.

"There was a time when lacking knowledge of French prevented me from competing for a coveted position," she says.

"I was determined not to let that happen again."

O'Neill recently graduated with a certificate in French language and culture at the foundations level.

"For me, U of C offered the best options for taking French — the weekday classes are scheduled at convenient times, the number of classes and the amount of homework is just right, and the instruction is extremely professional," says O'Neill.

Learn at any age

Ron Wilkinson recently graduated with a certificate in Spanish language and culture in Level 1.

He chose the university because, in addition to speaking the language, he also wanted to learn about culture and history.

"There is a large span of ages in the classes," he says.

"And, as an older student, I gain from the enthusiastic and fearless approach of the younger students - the atmosphere of mutual support makes the classes enjoyable and fun for everyone."

UCalgary Continuing Education also offers American Sign Language, Arabic, Dutch, German, Italian, Japanese, Korean and Mandarin.

To learn more about these and other courses starting this fall, call 403.220.2866 to speak with an advisor, or visit go.to/conted.ucalgary.ca.



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Quality of a large school with a small school community

Sean Annis is not the type of person to let opportunity pass him by.

By adapting the motto of saying 'yes' in his life, he is well on his way to a successful career, thanks to his training at the University of Lethbridge.

"I value my time here at the U of L more and more as I come to the close of my degree and move into a new phase of my life," says Annis, who has one semester remaining and plans on attending law school after graduation.

Annis, who is a sixth-year student in a bachelor of arts and a bachelor of management (focused in economics and general management respectively), chose the U of L because it offered the same high-quality education as a larger school but provided him with a small university community, which has allowed him to connect more intimately with professors and classmates.

Since enrolling at the U of L, Annis has participated in a work-study exchange to Malaysia, held executive positions in student clubs, management student's society and impact volunteering, participated in student leadership workshops, case competitions, student events, ski trips, networking and professional development events and more.

He even completed two back-to-back co-op work experiences with Canadian Natural Resources Ltd. in Calgary.

"I wouldn't have this experience without the individuals and community at the U of L," says Annis.

For more information, attend the Oct. 1 open house, or visit uleth.ca.



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Explore options at the Bow Valley College Open House

The Bow Valley College Open House is a great opportunity for prospective learners to find out more information about the College and how to take the next step in their educational journey.

"Completing post-secondary education is a great investment and we want to help you make the best decision," says Joy Chou, student recruitment specialist at BVC.

"Open House is a great opportunity for prospective learners to explore options and ask questions."

Attending the open house can help you find out if Bow Valley College is the right school for you.

"Whether interested in academic upgrading or one of our many certificate or diploma programs, Open House provides the opportunity to meet with instructors, program coordinators, and tour the campus - including our state of art pharmacy technician and nursing labs," says Chou.

Through information sessions provided throughout the event, prospective learners can also find out more information about BVC programs, financing their education and delve into career exploration.

As Alberta's largest and fastest growing

community college, BVC served more than 15,000 learners last year.

"Whether you are looking to change your career path, a recent high school graduate or looking to advance in your current career, we have the program for you," says Chou.

"We offer career focused certificate and diploma programs, many with work experience options and have established 2+2 transfer agreements with several universities allowing our diploma graduates the potential of receiving a degree in four years. In addition, we also provide amazing learner supports to help our learners succeed."

Bow Valley College Open House will be held on Saturday, Oct. 15 from 10 a.m. to 3 p.m. at the downtown campus located at 345 6 Ave SE. Attendees who apply for admission can enter to win a \$1,000 tuition reimbursement or an iPad.

"Many of our programs fill up quickly so we encourage prospective learners to apply early to secure admission," says Chou.

"At the Open House prospective learners will be able to get all the information they need to help them decide which program would be the best fit for them."

For more information, visit bowvalleycollege.ca/openhouse.



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History students getting some unique lessons

The Ambrose University bachelor of arts in history offers small classes and have built public history research right into the curriculum, which means that they have the means and the flexibility to work with various community groups or museums, among other places, on small research projects.

"That's a service to communities in Alberta, and it makes for great training for history students," says Kyle Jantzen, professor of history and program chair for history, Ambrose University.

"We have been told that no one else in Alberta is doing anything quite like this."

In 2015-2016, Ambrose partnered with the Museum of the Highwood in High River on a project called "Placing Memory in High River's Built Environment."

Ambrose received a generous grant from the Alberta Historical Resources Foundation for the "Placing Memory" project.

This grant allowed the members of this project to meet regularly with community



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members involved in the research process in High River, to train student and volunteer interviewers, and to transcribe interviews.

Jantzen says the history students are about to launch a new research project for 2016-2017 called "Refugee Stories: The Immigration and Resettlement of Germans in Western Canada, 1947-1960."

The Ambrose University BA in History is offered in three- and four-year formats.

Students take courses from various regions and time periods in history, but the core of the program revolves around courses designed to teach and practice public history research. For more information, visit ambrose.edu.

Find a new job in a medical office

Fall is a time of change, and that includes finding a job that's well-paid and rewarding. If you're great with details and work well when you're helping people, a job in medical office administration may be for you.

Medical office administration is in-demand, diverse work.

Your office environment can be one of many different types of workplaces. If you're looking to make great long-term relationships with patients, the office of a general practitioner may be the workplace for you.

If you want to work in a fast-paced environment helping patients in urgent need, an emergency room may be your workplace of choice.

Or if you're interested in helping a medical specialist deliver tailored diagnosis and care to patients, you may find working in the office of a medical specialist most interesting and rewarding.

Essential parts of the job will include medical transcription, medical record-keeping and billing, and you'll apply your basic knowledge of medical topics including human anatomy and medical terminology.

A competitive salary is one of the many



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perks of the job. A medical secretary in Alberta can earn a median wage of \$26.98 per hour, according to jobbank.gc.ca.

To find a career in this challenging field, get the right education. The Medical Office Administration program at Reeves College includes up-to-date knowledge in the field and a medical practicum.

For more information, call 1-800-670-4512 or visit reevescollege.ca.

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New massage therapy program coming soon to Robertson College

Robertson College is committed to providing a complete educational experience for qualified students and is excited to announce a new program coming to Calgary in the New Year.

Starting in February 2017, Robertson College will be offering a new massage therapy program for those individuals interested in a hands-on career in this dynamic field.

"This new program is very exciting; we have experienced staff dedicated to providing a seamless program," says Christa McKegney, registered massage therapist and massage therapy program coordinator for Robertson College.

This program is designed for aspiring students interested in massage therapy, utilizing scientific strategies to help improve both acute and chronic conditions in both the general public as well as athletes.

"Massage is a growing industry, and most extended health plans cover massage therapy," says McKegney.

"More and more employees are seeing the benefits in regular massage, and their employers are understanding that healthy workers contribute to greater profits."

Massage is effective for office workers, athletes, pregnancy, chronic pain conditions, acute injuries, and many more.

The program is heavily based in the sciences, and also comprises a clinical component where hands-on techniques are mastered.

Students will learn a wide variety of topics that cover the sciences of anatomy and physiology, as well as pathology and more.

They learn how to assess clients' health conditions and how to select and perform the most effective treatment options for treating those conditions, and to recognize when to refer out to another health professional.

With this education, a massage therapist graduate has a wide array of career opportunities that include: spa, multi-disciplinary clinics, massage clinics, mobile massage, home-based clinics, cruise work, sports teams, and many more.

"Robertson is committed to providing the highest standard of education to our students, and assisting them in attaining this education," McKegney says.

"Our instructors are informed and approachable and the cost of the program is reasonable."

Even the lab and classroom setting provide the students with the environment to succeed.

The program is broken down into massage therapy (year one) and advanced massage therapy (year two).

The total program consists of 2,250 hours, and includes clinic and practicum.

The course is split into science (classroom) and clinic (hands on in the lab).

The first intake is scheduled for late February 2017.

For more information about the new massage therapy program coming to Robertson College in the New Year, visit robertsoncollege.com.

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Prepare yourself for a job as a dental assistant

The dental assistant professional program at Columbia College prepares learners for working as a registered dental assistant in the dental health profession.

It is a 30-week, accelerated program that incorporates a practicum component in the final four weeks of the program.

"The mission of the Columbia College dental assistant professional program is to build an academically superior dental assistant program that focuses on active and collaborative student learning," says Carey Thomson, chair, Dental Health Department, Columbia College.

"The students will learn about the fundamentals of dental assisting from a theoretical aspect, a clinical aspect, and a practical aspect."

Topics covered in this program include sciences in dentistry, patient information and assessment, infection prevention and foundation for clinical dentistry, oral health and prevention of disease, restorative dentistry, professionalism and the dental business administrator, dental radiography, dental specialties, laboratory



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skills, all intra-oral clinical skills.

Graduates of this program may go on to pursue careers as dental assistants, dental business administrators, dental supply reps, sterilization clerks, and dental public health assistants, to name a few.

"The dental industry is still in need of dental assistants, despite the economic downturn we have experienced in Alberta," says Thomson.

"At the moment, I have five employers looking for dental assistants, with calls from offices on a weekly basis looking to hire our students."

Next start date for this program is Oct. 24, 2016.

For more information about the dental assistant professional program, visit columbia.ab.ca.

FIND A GREAT NEW CAREER IN FINANCIAL ADMINISTRATION

If you're looking for a new career path and you love number crunching, a career in accounting and payroll administration may be for you.

Jobs in the field are perfect for those who are detail oriented, pride themselves on keeping accurate records, and are always organized.

If this describes you, but you don't have the right skill set to enter the workforce, you can get there with a focused education program at a reputable institution.

An accounting and payroll administration professional needs a particular set of skills that help them deliver efficient, effective service. You'll need to be competent in double entry bookkeeping, debits and credits, assets, liabilities, equities, journalizing transactions, posting of accounts to ledgers and preparing a trial balance.

You'll also need software skills to augment your base knowledge in accounting and payroll administration. These include proficiency in Microsoft Outlook, Word, Excel, Access, and PowerPoint, as well as specialized accounting software like Sage 50.



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Once you're qualified, you can get many different, well-paid positions in the field, such as accounting clerk, tax return preparer and payroll officer. Accounting clerks in Alberta make a median wage of \$21.63 per hour, according to jobbank.gc.ca.

If this career path sounds like a good fit for you, the Accounting and Payroll Administration diploma program at CDI College is the place to start.

For more information, visit CDI College online at study.cdicollege.ca, or call 1-800-360-7186.

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BOW VALLEY COLLEGE

THE PITFALLS OF PLAYING COLLEGE HOOKY

It's 8:30 a.m. and you've got a class at nine sharp. Gone are the days when Mom was around to boot you out of bed and when your absence during roll call would spell the end of the world.

Post-secondary brings with it a new degree of personal freedom to be or not to be in class. But should you start to worry when your sleep and social life win over seminars every single time?

"It's a normal part of the process of development," says Melissa Gallo, associate director of Humber College's career centre. "But what we do hope you get out of this by the time you leave is the ability to plan and manage your life.

"So much of the learning happens in collaboration and in communication with peers," adds Gallo. "Eventually they're going to miss out on building those connections with students."

Anne Forestall, assistant vice-provost of student affairs at Dalhousie University, says that that very connection has been proven to make a difference when it comes down to grades.

"We do know that there is a correlation between engagement with a campus and academic success," says Forestall. "Oftentimes during class time study groups will form, problems



STOCK

can be worked out together."

"Although there are many ways for a student to seek out notes outside of class," she continues, "that can't replace the opportunity to put your hand up and ask, 'how does that really

work?'"

And while students might feel they won't be missed in the larger lecture halls common to university settings, Forestall insists that empty desks are duly noted.

"I've heard from many faculty members who say they really do get to know the faces despite class size," says Forestall. "They do notice when someone hasn't shown up because they're interested in connecting with their students."

Mary Pierce, chair of the Kinlin School of Business at Fanshawe, reminds that missing college classes in particular can have an immediate impact.

"In applied education there are frequent evaluations," says Pierce. "You're missing more because every day is a hands-on learning experience."

Pierce elaborates that skipping out on the skill of socialization may have repercussions upon graduation.

"In the workplace, people who are good at collaboration get the job every time," Pierce says.

So what is a student to do when the call of the cozy bed is beckoning?

"Think to yourself — where might today lead me," she says. "If I just lie here it's leading me nowhere. If I go one inch further, I might then be one inch further to where I want to be."

"And who knows," adds Pierce. "You might just miss the best class of your life"

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INTERNSHIPS CAN BE KEY TO FUTURE EMPLOYMENT

When someone doesn't have experience in the industry they're pursuing, it is often challenging to convince employers to take a chance on you.

This is why some post-secondary programs include an internship/practicum component to their curriculum.

"It is recommended for students, and future job seekers, to ensure that they pick post-secondary programs that will provide them with an internship opportunity," says Shaundra Bruvall, student and industry relations coordinator, InnoTech College.

"This is especially important for newcomers to Canada, whom may be seen by employers as having no Canadian experience, and for whom, job placement can be especially challenging."

The extra step that students can take when researching post-secondary programs is to see if the educational institution will provide assistance with finding an internship placement.

"Many educational institutions say that a program includes an internship, but then when

students struggle with finding an internship placement, those same institutions don't provide any support in the matter," says Bruvall.

InnoTech College's goal is to ensure that graduates are not only well-connected with employers for the purposes of a successful and smooth transition into an internship, but that they are also well-prepared for the internship experience.

"When building our programming diploma specializing in SharePoint, we involved future employers of our graduates in the entire curriculum development process, and also received their confirmation that interns would be welcome within their organizations upon graduation," says Bruvall.

"Something else to note is that, often, smaller and newer post-secondary institutions will be willing to work harder for their students."

Bruvall says this happens for several reasons.

"Firstly, a smaller institution will have fewer students; hence, allowing it to provide more personal support to each individual," she



CONTRIBUTED

says.

"The other reason why students may receive a higher level of service at a smaller institution is because such institutions have to work harder to build a name for themselves. At InnoTech College, our students' success is our

number one priority, and we will go the extra length to meet this goal."

InnoTech's upcoming programming diploma specializing in SharePoint starts on Oct. 18. To learn more and to enroll, visit innotech-college.com or call 587-892-3340.



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Writing Winning Proposals

Nov 30 | \$375 + GST



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LEARN A NEW LANGUAGE: THE MEDICAL DIALOGUE

You may not learn to decode the mystery behind the terrible handwriting of doctors, but the medical terminology course offered through the Mount Royal University Faculty of Continuing Education and Extension teaches students the basic components of the language of medicine.

"Medicine uses its own language, derived mostly from Latin and Greek, to allow all medical professionals, regardless of their primary language, to communicate with each other," says Dr. Chantelle Drobot, naturopathic doctor, instructor at Mount Royal University.

This is just a preliminary course so students taking it are often pursuing avenues that will allow them to work within the medical field.

It is often used as a prerequisite for other courses or programs that allow people to access jobs within many areas of health care

including medicine, nursing and office and hospital administration, among others.

"One of the most attractive features is that it's completely flexible from a time perspective," Drobot says.

This course is offered online and allows the students to work at their own pace and focuses on ensuring the students really understand the content presented within the course.

The medical terminology program is offered every semester, often twice a semester, and each portion of the course runs for a month at a time.

To receive the certificate, all three courses need to be completed but just the first portion of the course is necessary for other health care program prerequisites.

For more information about this course, visit mru.ca/medicalterms.

INCREASE YOUR VALUE BY DEVELOPING YOURSELF AS A LEADER

Leadership is one of the top abilities that organizations are seeking in their people.

"The research is clear; that leadership influences climate and culture and organizational results," says Lillas Hatala, instructor, leadership development extension certificate (LDEC) program, Continuing Education, Mount Royal University.

"By developing yourself as a leader you increase the value that you bring to your team and organization and also to your life, family and community."

Hatala says for those wanting to advance their career and improve their quality of your life, investing in leadership development will make all the difference.

Individuals can do this through the LDEC program at MRU.

The first course effective leadership covers

the leadership foundations and helps ignite the leadership spark that is within everyone.

This course helps individuals discover their unique leader identity (values, purpose and vision) and strengths and areas for development.

The second course is communication and interpersonal skills for leaders — it covers communication which is foundational for leaders and that all leadership happens through relationships.

The third course is leading and influencing others — leaders have many relationships up down, across the organization and open transparent communication built on trusting relationships in a culture where everyone is helping one another be successful is essential to a high performance organization.

The fourth course — leaders, culture and change — addresses that leadership is for



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change and that leadership and culture are two sides of the same coin.

The fall start date of the first course (online),

effective leadership, begins Oct. 3.

For more information about this certificate program, visit mru.ca/leadershipdevelopment.

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EXPLORE CAREER PROGRAMS AT INFORMATION SESSION

Discover the professional development and career courses available at Bow Valley College at this free, one-hour session.

"These Information sessions are designed to help interested learners explore the career programs and open studies options available at Alberta's largest college," says Phil Ollenber, student recruitment specialist, BVC.

Facilitated by a recruiter, attendees will learn about BVC's programs in business administration, health care, human services, and creative technology; admissions pathways; funding options; and learning styles.

"BVC's commitment to "any place, any path, any time, any pace" learning means many of our programs are available full- or part-time, and via in-class or online learning, to work around a learner's busy schedule," says Ollenber.

These sessions are targeted to Calgarians who are looking for a career change, unem-

ployed, feeling under-employed, or seeking the training needed to advance their career.

"Alberta's economy is changing, and the need for a professionals with college-level skills is growing constantly," says Ollenber.

"Our programs are fast-paced and responsive to the changing needs of our province's market."

In attending this session, prospective learners will walk away with a clear understanding of academic programs at BVC, a recruiter connection to help them with admissions process, and a good idea of if our college is a good match for them.

These sessions take place on Mondays from 3 p.m. to 4 p.m. on-campus at BVC.

Attendance is free but attendees must pre-register at bowvalleycollege.ca/learn-more.

For more information about this session, visit bowvalleycollege.ca/infosessions.

Promoting a culture of learning and fun

Established in Asia, UCMAS is a child development program based on mental math and the abacus that boosts brainpower in children ages four to 13.

Memory, concentration, creativity and problem solving, these are the foundational building blocks the program lays down for each child.

This quartet are essential skills that inspire confidence and success in a child's education as well as their life. Along with enhancing your child's maths skills UCMAS also promotes whole brain development.

The program's global popularity can't be disputed with over one million children trained in their programs in over 5500 centers across 57 countries, making them a global leader in abacus brain development.

Their main priority is always your child's development. From the comfort of their easy-to-reach locations a stimulating environment awaits your child, one of encouragement and rewards.

The program makes learning more enjoyable for children and the interactive nature of the classes encourages and nurtures self confidence and creativity.

UCMAS's certified course instructors will work tirelessly to ensure your child enjoys their time learning and hopefully earning a certificate.

These are awarded on completion of levels and modules.

Your child can go to another level while enjoying a confidence-building social experience with other children in their age group.

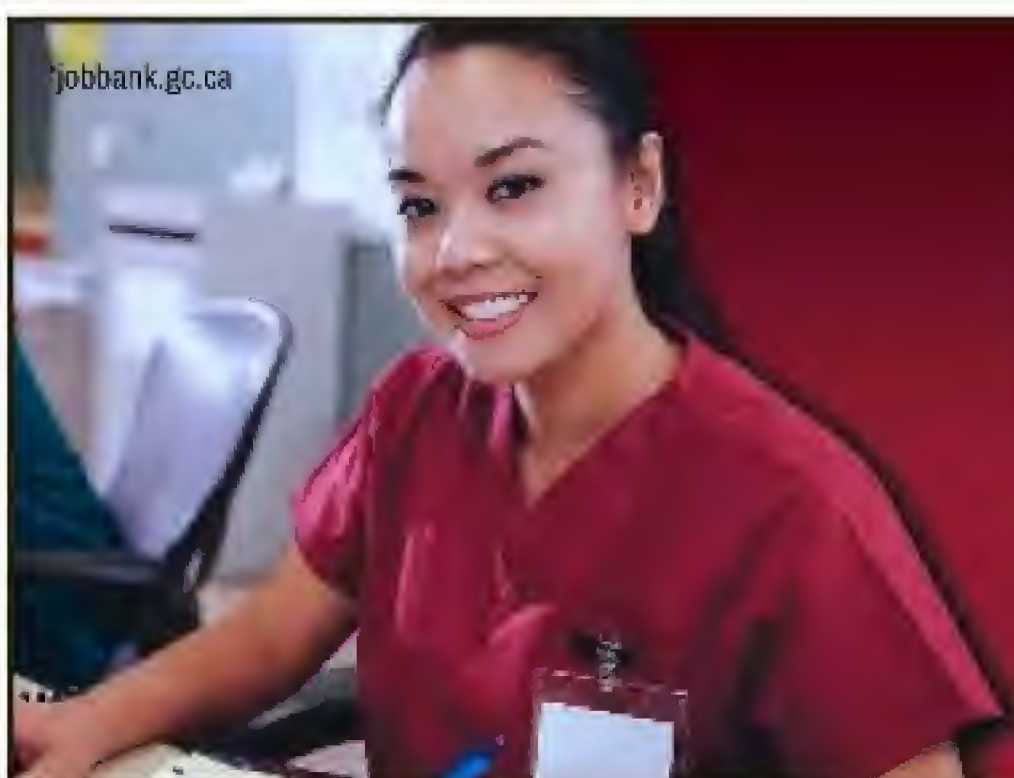
While regular updates on your child's



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progress allows you the parents to understand and appreciate how UCMAS works.

For more information contact Raj Sewak at 403 512 1743 or go to ucmas.ca.


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ST. MARY'S UNIVERSITY A GREAT FIT FOR EVERYONE

St. Mary's University welcomes learners from all backgrounds and offers a thriving, intimate learning community that fosters intellectual inquiry and provides students with the skills and credentials needed for many careers.

"Whether taking courses in one of the over 35 subjects we offer, our degree programs, or university transfer, students can begin at St. Mary's University and succeed anywhere," says Dr. Tara Hyland-Russell, vice-president academic and dean, St. Mary's University.

"Our small class sizes, rigorous teaching informed by scholarship, and mentorship boosts student capacities and sets them on a trajectory of success."

St. Mary's is a great fit for anybody and everybody who wants an excellent undergraduate liberal arts and sciences education or teacher preparation program.

This fall St. Mary's will be offering a number of new course and programs in areas such as management, history, English, sci-

ence and more.

"All of these new courses address vital areas of interest for our contemporary world," Hyland-Russell says.

"They engage students who are wondering about pertinent concerns such as how is social media driving business, how can we thrive with a rapidly aging population, or how does literature develop our capacities to understand others' lives and stories."

She says in this time of rapidly changing economics and shifting possibilities, a solid foundation of critical and creative thinking and the ability to glean information, summarize ideas and articulate clearly in a variety of ways is ever more critical.

"In the next ten to twenty years, jobs and industries will develop that we haven't yet imagined," Hyland-Russell says.

"We will need people who are adept in evaluating the world around them and who will offer innovative leadership and interdisciplinary solutions."

St. Mary's programs provide those foun-



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dational skills and develop high-level critical thinking and problem-solving capacities.

Many of these programs offer an experiential learning component, including travel study, field school, outdoor labs, and applied research.

Also new this year, St. Mary's will be

rolling out the pilot of the Virtual Learning Centre with the focus of addressing the academic readiness gap and transition from high school to university.

For more information about any of St. Mary's new programs or courses this fall, visit stmu.ca.

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bowvalleycollege.ca/openhouse

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"You want to prove people right. Not really the naysayers": Tim Tebow arrived in the Mets' Port St. Lucie, Fla., minor-league clubhouse Monday

IN BRIEF

Porcello leads Sox past O's
Rick Porcello pitched a four-hitter for his major league-high 21st victory and the Boston Red Sox beat the Baltimore Orioles 5-2 on Monday night to pad their lead in the AL East.

Boston now has a four-game lead on Baltimore. The Orioles started the day with a one-game lead over Toronto for the top AL wild card. THE ASSOCIATED PRESS

Bucks sign Greek Freak to reported \$100M extension

The Milwaukee Bucks have agreed to a contract extension with Giannis Antetokounmpo.

Two people familiar with the agreement told The Associated Press on Monday that it was worth four years and \$100 million. THE ASSOCIATED PRESS

Popp steps down as head coach of Alouettes

Jacques Chapdelaine has been named interim head coach of the Alouettes, while Jim Popp will focus solely on the team's general manager duties.

Montreal has struggled to a 3-9 record this season with Popp holding both head coach and GM duties. THE CANADIAN PRESS

Russia hangs with youth

WORLD CUP OF HOCKEY

4-goal barrage in 2nd period enough to beat North America

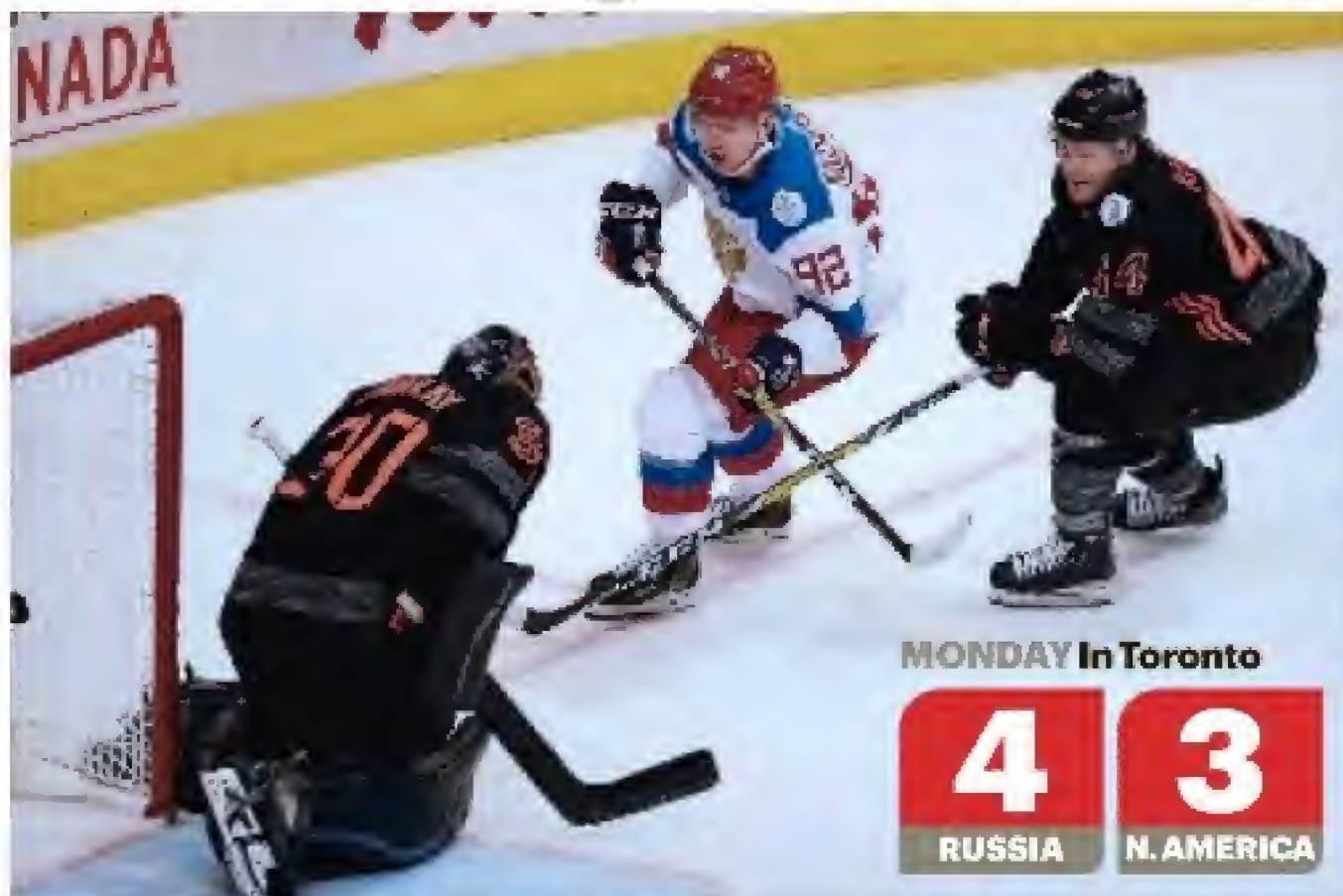
Auston Matthews scored his first goal at Air Canada Centre in a losing cause as Russia kept its World Cup of Hockey hopes alive with a wild 4-3 victory over Team North America on Monday night.

The Russians, who led 4-1 after four consecutive goals, had to stave off a two-goal comeback from the never-say-die young North Americans. Goaltender Sergei Bobrovsky did his bit to preserve the win.

Down 4-3, North America had a 94-second two-man advantage with some 8-1/2 minutes remaining but failed to convert despite some good pressure. A bench minor for too many men on the ice did not help the North American cause late in the game.

The game ended with 40 seconds of North American 6-on-4 play.

Russia (1-1-0) scored four goals in six minutes 14 seconds in a frenetic second period, prompting North America coach Todd McLellan to pull



Russia's Evgeny Kuznetsov scores against Team North America goaltender Matthew Murray and defenceman Morgan Rielly on Monday night. GREGORY SHAMUS/GETTY IMAGES

Matt Murray in favour of John Gibson with 4:17 remaining in the period. Murray faced 19 shots on the night.

Vladislav Namestnikov and Nikita Kucherov scored 50 seconds apart for Russia after Matthews put the North America young guns ahead in the first period. Evgeny Kuznetsov and Vladimir Tarasenko also

scored in the second period.

Fellow Toronto Maple Leaf Morgan Rielly also scored in the second for North America (1-1-0), which outshot Russia 18-10 in the period despite being outscored 4-1.

Ryan Nugent-Hopkins cut the lead to 4-3 at 3:14 of the third, banging in a mid-air puck during a goalmouth

scramble on the power play. North America kept coming — and shooting.

North America outshot Russia 46-25.

It was an open, free-wheeling affair with plenty of offence. The 23-and-under North Americans, wearing their distinctive black uniforms with "beacon red" numbers, con-

EURO VICTORY

Leon Draisaitl scored the overtime winner as Team Europe edged the Czech Republic 3-2 on Monday afternoon.

Europe improved to 2-0 in Group A while the Czechs dropped to 0-2 — all but eliminated from advancing to the semifinals.

Zdeno Chara and Mats Zuccarello scored in regulation for Europe.

Jakub Voracek and Martin Hanzal responded for the Czech Republic.

continued their impressive play.

The Russians, needing a win after losing their opener 2-1 to Sweden, seemed happy to play their part in an end-to-end affair.

North America opened Sunday with a 4-1 win over Finland, befuddling veteran Nashville Predators goalie Pekka Rinne — a three-time finalist for the Vezina Award — with a 43-shot barrage.

The North Americans wrap up group play against Sweden on Wednesday while Russia faces Finland on Thursday.

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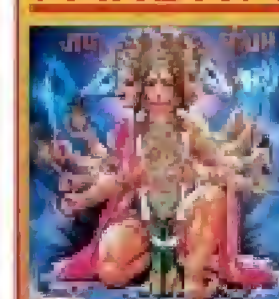
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Key Vikings hobbled in win over Packers at new stadium

Adrian Peterson left U.S. Bank Stadium on crutches with a torn meniscus.

Sam Bradford was seen shaking his left hand in pain for much of the game.

The Minnesota Vikings took their lumps in a 17-14 victory Sunday night, and much of it had to do with a leaky offensive line that had a hard time protecting their top playmakers.

Peterson managed just 19 yards on 12 carries and found little room to run before leaving in the third quarter with his injured right knee. Bradford played very well in his Vikings debut, but was sacked four times and was hit many more by an aggressive, blitzing Packers defense. The quarterback was left with a swollen and discoloured non-throwing hand that required X-rays after the game.

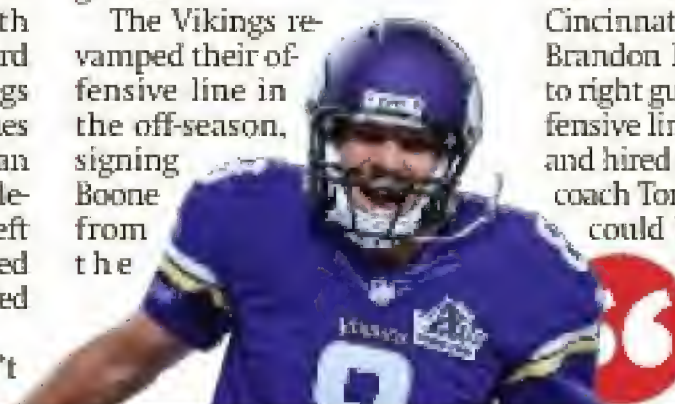
"He took hits he shouldn't

have taken," left guard Alex Boone said. "He delivered the ball well. Just an overall great performance by him."

Playing just two weeks after being acquired from Philadelphia in an emergency trade following the season-ending knee injury to Teddy Bridgewater, Bradford completed 22 of 31 passes for 286 yards and two touchdowns. He outplayed Packers star Aaron Rodgers and inspired teammates by hanging in against the constant pressure, taking hits time and again and still throwing bullets to his receivers, including emerging star Stefon Diggs.

"He's as talented as they come and we've got to protect him a little bit better and not see him on the ground so often," tight end Kyle Rudolph said. "But we'll get there."

The Vikings revamped their offensive line in the off-season, signing Boone from the



Adrian Peterson went down with a torn meniscus in Monday night's win over the Packers in Minneapolis on Sunday night. JIM MONE/THE ASSOCIATED PRESS

San Francisco 49ers and right tackle Andre Smith from the Cincinnati Bengals, and moving Brandon Fusco from left guard to right guard. They also fired offensive line coach Jeff Davidson and hired former Dolphins head coach Tony Sparano, hoping he could bring some intensity

and fire to a group that, in coach Mike Zimmer's eyes, lacked both last season.

It's early, and the new group could benefit from more games together to gain cohesion. But the results have been troubling through the first two weeks.

Peterson, who led the NFL in

rushing last season, has managed just 50 yards on 31 carries through the first two games. He has gained two yards or fewer on 20 of those 31 carries.

"We didn't play very good up front last night," Zimmer said on Monday. "We didn't pass protect very well. We didn't do a very good job in the run block. They got after us up front, I thought. So we've got to do better."

THE ASSOCIATED PRESS

We won, and at the end of the day that's all that matters. Sam Bradford

INJURIES IN BRIEF

Woodhead out for season

The San Diego Chargers have placed versatile running back Danny Woodhead on season-ending injured reserve with a torn ACL in his right knee.

Jones OK to play after MRI

Falcons coach Dan Quinn says All-Pro receiver Julio Jones had an MRI on his right calf but is expected to be at full speed for next Monday's game at New Orleans.

Ware out with broken arm

DeMarcus Ware will undergo surgery Tuesday on his broken right forearm and is expected to miss four or five weeks, coach Gary Kubiak said.

Browns onto QB No. 3

Josh McCown will miss at least one game with a "deep sprain" in his left shoulder, an injury that will force Cleveland coach Hue Jackson to play rookie Cody Kessler in Miami.

Robert Griffin III broke a bone in his left shoulder in Week 1 and will miss at least eight games.

THE ASSOCIATED PRESS



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RECIPE Roasted Chicken and Chickpea Tray Bake



PHOTO: MARY VISENTE

Ceri Marsh & Laura Keogh
For Metro Canada

Piling a single tray full of dinner is a strategy we love for busy weeknights and if it happens to yield tender chicken with Moroccan-inspired flavors then all the better.

Ready in 35 minutes

Prep time: 10 minutes
Cook time: 25 minutes
Serves 4

Ingredients

- 5 Tbsp olive oil
- 4 cloves garlic, minced finely
- 1 tsp paprika
- 1 tsp cumin
- 2 tsp salt
- Pinch pepper
- Pinch of red pepper flakes
- 1 cup Greek yogurt
- 6 boneless, skinless chicken thighs

- 2 cups cherry tomatoes
- 15 ounce can chickpeas, rinsed
- 1 cup cilantro

Directions

1. Preheat oven to 450 F.

2. Whisk oil, garlic and spices together. Take 1 Tbsp of the mixture, stir it into the yogurt.

3. In a large bowl, toss the chicken, tomatoes, chickpeas and cilantro with the rest of the oil and spice mixture. Arrange in a single layer on a rimmed baking sheet.

4. Bake for 20 to 25 minutes.

5. Serve with a dollop of the spiced yogurt.

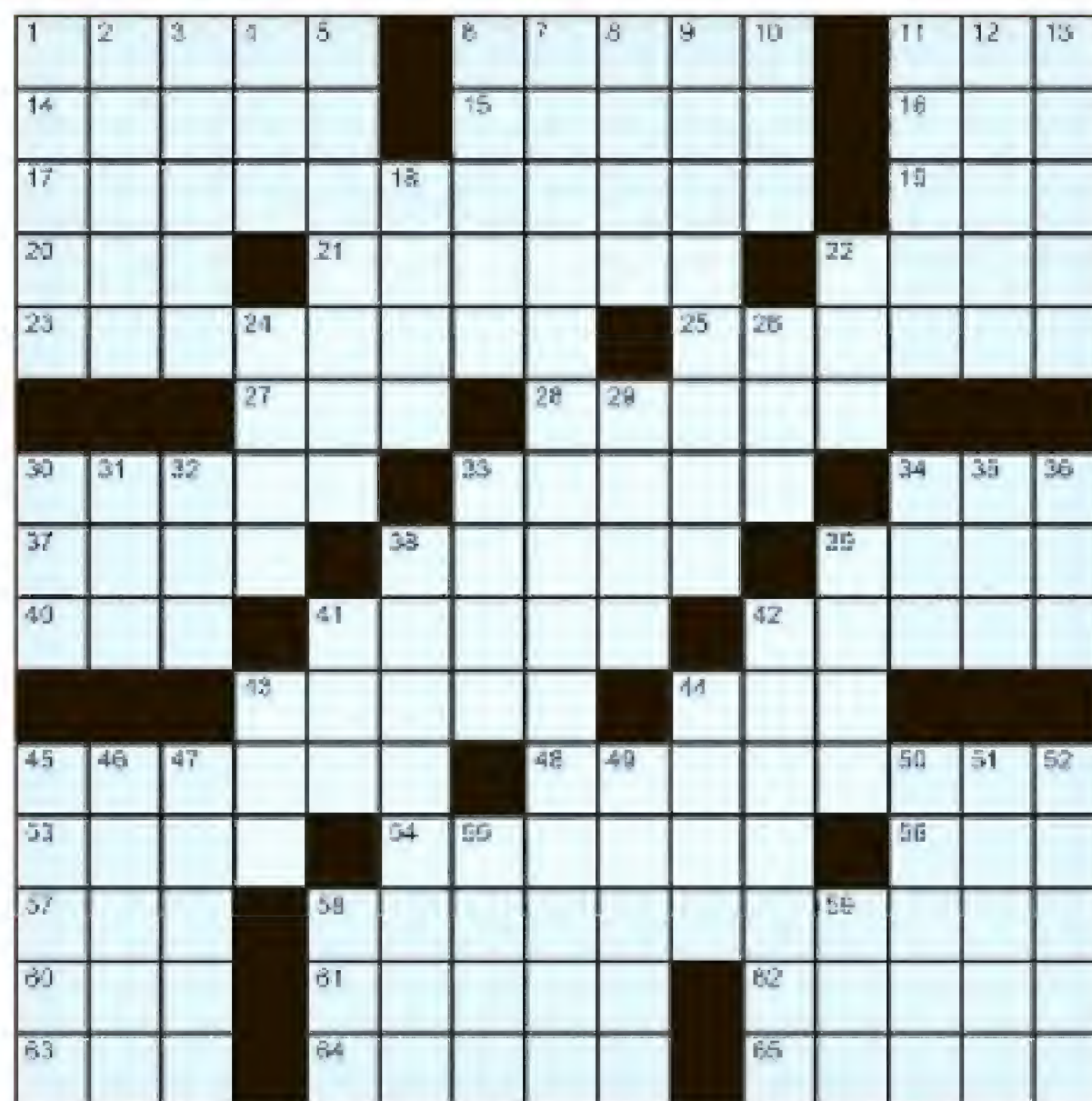
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BY KELLY ANN BUCHANAN

ACROSS

- Canada Post product
- Resort in Colorado
- Boat's stern
- Enthusiastic
- Castle material
- Caviar
- Name of the new Lay's potato chip flavour available for a limited time at Canada's famous 'Swiss' restaurants: 2 wds.
- Pistol
- Canuck comic Mr. Green
- Jagged chain of mountains
- Li'l offices
- Without any chairs
- Chocolate _ (Dessert selection)
- "Without _" by Harry Nilsson
- Was optimistic
- Relieve or calm
- Bran cereal benefit, States-style
- Trudeau and Diefenbaker, et al.
- Sort of water bird
- Two-footed
- _ _ (Public event, '80s-style)
- _ -thumper (Vocal supporter of a cause)
- Singer/songwriter Ms. Chapman
- Trumpet-playing Muppet
- Seasoned yogurt dip
- Blue Rodeo hit
- Misunderstanding-



- ly-made mistakes
- Marching, as a band
- Actor Mr. Arkin
- Meddle: 2 wds.
- Murmur
- Rule out
- Shapeshifting spirit which imparts life lessons in traditional

- storytelling of Anishinaabe culture
- Ms. Babylon of ice
- "A Passage to _" (1984)
- Big cats
- Want _ (Newspaper section)
- Pretty perennial

65. Think alike

DOWN

- Religious orders
- Chevrolet SUV model
- Kind of lizard
- Mr. Brooks
- "Ladies and gentlemen... Elvis _!"

- Beasts of burden
- James T. Kirk's gig: 2 wds.
- Rain hard
- Bivouacked
- Born, in the social pages
- 100-eyed giant of ancient Greek mythology

- 4 4 4 4
- Uptight
- Wedding cake's one-of-some
- "Married... with Children" son
- Pointing-out word
- Neath's opposite
- Don't upset the Sergeant
- Deed
- Mr. Ferrigno
- Tennis shot
- Italian car manufacturer
- Write
- Bdwy, musical, with Les
- _ Cat (Ski resort vehicle)
- Australia city
- Bartender on "Cheers", Woody _
- Kitchen's water source
- Oats/dried fruit/nuts mixture
- Bolt
- Triad
- _ Ray (Aquatic creature)
- Odyssey's prequel
- Graph line, _ _
- Cornered: 2 wds.
- Blood of ancient Greek gods
- Peter of Herman's Hermits
- Zippo = _ egg
- Take apart
- Frostiness
- Zag's pal

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This can be a productive day at work for you, especially if you want to wrap up old business. You might see new ways of doing things. You also might see new ways of using things you already have.

Taurus April 21 - May 21
A discussion about how to educate children will yield positive results today. Certainly, people are opinionated about this and other creative matters.

Gemini May 22 - June 21
A family discussion might get to the bottom of something today, which is a good thing. It's time for everyone to put his or her cards on the table.

Cancer June 22 - July 23
Your conversations with others will be intense today. People want to know the subtext of things. They want to know what is really happening.

Leo July 24 - Aug. 23
You will be resourceful at using your money and possessions today to get the results you want. You might even see new ways to earn money.

Virgo Aug. 24 - Sept. 23
Today you are concerned with deep issues. You might want to redo something or even give yourself a makeover.

Libra Sept. 24 - Oct. 23
Because you want to know what is going on behind the scenes, this is a good day to research what you need to know. Dig deep and ask questions to find the answers you seek.

Scorpio Oct. 24 - Nov. 22
You might attract someone powerful to you today who might influence you to change your goals. You want your beliefs to be meaningful.

Sagittarius Nov. 23 - Dec. 21
A discussion with a boss, parent or someone in a position of authority will be memorable today. Listen to what this person has to say, at least, out of respect.

Capricorn Dec. 22 - Jan. 20
Someone who is knowledgeable about philosophy, politics and religion will appeal to you. You especially want to understand the truth behind big ideas.

Aquarius Jan. 21 - Feb. 19
Discussions about inheritances and shared property will go well today because nothing will be overlooked. It's almost as if you have X-ray vision.

Pisces Feb. 20 - March 20
Relations with partners and close friends are intense, because people want to get down to the nitty-gritty of things. You don't want to waste time on superficial chitchat. They want the straight goods.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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